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Man sought after kids followed

POLICE City cops are looking for a suspect who allegedly followed two young kids in separate incidents to school yesterday in the city's northeast.

Both incidents occurred between 7 a.m. and 8:20 a.m. and in both cases, the young children allege a man followed them as they walked along the 1200 and 1300 blocks of Falconridge Drive NE. Both kids managed to run to a nearby school and police were contacted in the afternoon.

Police are asking for help in locating the suspect who was driving a dark-coloured car or SUV.

METRO CALGARY

Food pg 14



Lucky foods, lucky year?

Sports pg 10

Place for NHL in Europe?

Style pg 13

Best in jeans

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NHL Flames swat down Jackets



Calgary Flames forward Matthew Lombardi, left, is stopped by Columbus Blue Jackets forward R.J. Umberger during their game at the Saddledome last night. After tying up the game in the third period, the Flames beat the Jackets in a shootout, 5-4. Story, page 10.

Cecil cop calls drop

But criminals migrating near Drop-In Centre, rep says

LINDSEY WALLIS
for Metro Calgary

The Calgary Police Service confirmed yesterday a 91 per cent decrease in calls to the Cecil Hotel property since it was closed by the city in December because of public safety issues.

Mayor Dave Bronconnier attributed the decrease to the fact that, without the Cecil, many criminals have lost their home base.

"We're seeing a dramatic decrease (in crime) in the East Village area as a result of really two things. One is

the closure of the Cecil Hotel, which really was the magnet for the drug activity that was taking place in the downtown," Bronconnier said.

But, Linda McLean from the Calgary Drop-In Centre said that those criminals may have moved their home base to the streets near the Drop-In Centre.

"Now it's just happening outside," McLean said. "We don't want that migration."

Police Chief Rick Hanson said police realize that only part of the problem has been solved.

"We are not naive enough

Police calls

• According to the Calgary Police Service, from Dec. 10, 2008 to Jan. 20, 2009 there were 22 calls to the Cecil property, compared with 247 in the same time period in the previous year.

to say we've eliminated that problem," Hanson said. "We've dealt with a particular focus of that problem and will continue to deal with it in an effective way."

The Cecil Hotel, notorious for violence, prostitution and drug activity, had

its business licence revoked by the city on Dec. 9. City council approved the \$10.9-million purchase of the hotel on Dec. 16, with plans to tear it down and possibly replace it with a parkade.

Bronconnier said this is a step towards the city's goal of eradicating crime and drug activity in the downtown core.

"The strong endorsement of city council to buy and have the Cecil Hotel closed will be viewed much later, along with the redevelopment (of the East Village), as a very positive step for safety in the downtown," he said.

Students hold \$13B debt load, CFS says

MONEY Ending up with \$28,000 in debt is not the graduation gift post-secondary students hope for, but it's what lands in the lap of the average student, according to the Canadian Federation of Students.

Yesterday, the CFS announced on Parliament Hill that Canada's students carry a \$13-billion debt load and that 360,000 students required federal student loans this academic year.

But, it's not just tuition the money goes towards, with some students biting bottom lips at the end of the month when cash just isn't there.

"I would have to say there's at least a little bit of money mismanagement," said student Sarah Code, who stayed with her parents when she couldn't afford to live alone.

Bruce Alger, a bankruptcy trustee and president of Alger & Associates Inc., said, "money's an abstract concept" and "money handling ignorance" is what lands people in debt over their heads.

"It's a lack of understanding of the concept of risk," he said, adding student loans are risky as students lack assets and security, and education doesn't always mean a high-paying job.

ALICIA FOX/FOR METRO CALGARY

Tips

• Bruce Alger said to manage student loans, borrow the bare minimum and plan to spend your summers working.

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Realty board says expect fall in home-sale prices

The average MLS sale prices for condos are expected to drop by five per cent this year, and single-family homes are expected to decrease by two per cent, according to the Calgary Real Estate Board. See related video at metronews.ca/canada **METRO CALGARY**

Local



Second accelerated class to hit streets

Calgarians will see another 30 boots walking the beat after the Calgary Police Service's second accelerated class of experienced police officers graduated yesterday. The 15 officers are all from the United Kingdom and will bring their vast experience with them to Calgary.

METRO CALGARY

UGLY BETTY

9 Tonight



Citytv

News in brief

STABBING A man is recovering in hospital after he was stabbed downtown early yesterday morning. EMS responded to reports of a stabbing just after 5 a.m. in the 400 block of 9 Street SW and found a man in his 20s suffering from a non-life-threatening stab wound. EMS transported him to hospital. Police continue to investigate the incident.

METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Video Police issue tickets to parents for failing to properly secure child car seats at metronews.ca/canada

Video Families of 9-11 victims outraged after trials of Gitmo detainees halted at metronews.ca/world

Lotteries

Lotto 6/49: 8, 32, 34, 39, 43 & 48. Bonus 25
These results are not official.

Oilsands' eye in the sky

VICTORIA HANDSIDES
Metro Canada

The world will soon have a bird's-eye view of what effect the oilsands are having on our environment.

Pairs of eyes around the world were fixed on computer screens at 6 p.m. yesterday, watching the highly anticipated launch of Ibuki, a Japanese satellite that is the first to monitor greenhouse gases from space.

"This tool is going to allow us new opportunities for solutions," said Arturo Sanchez-Azofeifa, professor of earth and economic sciences at the U of A.

Ibuki can monitor pieces of land 10 kilometres square, with such exact detail that leaks in pipelines can be pinpointed from space.

The research team is eagerly awaiting data from the satellite to start arriving, predicting major benefits for the provincial government and industry. Ibuki will fly over Alberta once every



Researchers Arturo Sanchez-Azofeifa and Petr Musilek are the Alberta brains who will receive data from Ibuki, a Japanese satellite that will help paint a clear picture on what oilsands development is doing to the environment.

three days.

"If there is a forest fire, it's going to show up like an eyesore in the landscape," Sanchez-Azofeifa said. "We've also not looked yet at the emissions of cities, and people will start looking at urban development and how

this contributes to CO2 — especially here in Edmonton where there are upgraders in the middle of the city."

It's hoped the data will help the province and environmental groups understand the effects oil extraction and production are hav-

ing on the world, and what to expect in the future.

For more information about Ibuki, visit www.jaxa.jp.

University researchers demo their new technology at metronews.ca/canada

CPS recruits in Edmonton, Saskatoon

LINDSEY WALLIS
for Metro Calgary

HIRING Students at Grant MacEwan College in Edmonton got a visit from Calgary police today.

The Calgary Police Service was looking for a few good men and women in both Edmonton and Saskatoon yesterday in order to fill 200 new positions by the end of the year.

"It's about getting the message out to as many people ... as possible that we're hiring," said Staff Sgt. Craig Skelton, head of the Calgary Police Service recruiting unit.

Skelton said that Grant MacEwan is an especially important place to recruit because of the police studies program offered there.

He cites competitive salaries, progressive management, educational opportunities and the vibrancy of Calgary as potential draws for recruits.

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Union officials asserted their desire to be included in the bargaining process.

Paramedics want spot at the table

JENNIFER HILLIKER
for Metro Calgary

UNION Paramedics are asking the Alberta government to let them keep their place at the bargaining table when the province takes over ambulance services in April.

They fear they will be lumped into another government union with other medical services like massage technicians, psychologists and lab technicians.

"It's everything to us. We may lose the right to speak and address our concerns," said Tim Ford, vice-president of the Canadian Union of Public Employees (CUPE) Local 3421.

Serving staff shortchanged

Downturn in economy has affected tipping patterns

JENNIFER HILLIKER
for Metro Calgary

Carolynne Tovenar has waitressed at the same Calgary restaurant for more than six years, and she's never been paid so poorly as she is today.

But it's not the restaurant's fault. Tovenar said tips are about five per cent less than usual, if people tip at all, and attributes it to the declining economy.

"Two tables didn't tip today," Tovenar said.

"I felt like running after them, being like, 'excuse me, did you forget to tip?' I do all this work for them and they have the money for their bill but they can't afford an extra two bucks? If you can't afford to tip, don't go out at all."

She also said that if people don't tip, servers still have to give a percentage of their bill to cooks and other help staff. So she has to pay money out of her own pocket to serve some tables that choose not to leave a tip.



Carolynne Tovenar, 21, who works her days away as a server at Phil's restaurant finds that the tip jar is filled less frequently in an industry that relies heavily on gratuities for a healthy wage.

"We don't get paid very much. We get minimum wage. We rely on our tips to live. If people don't tip, we're screwed."

Brent Ritchie, a professor in tourism management at the University of Calgary,

says he doesn't blame people for tipping less after the stock market plummet, even if they still have a job or haven't gotten a pay cut themselves.

"It's quite rational for people to be saving at every

opportunity," Ritchie said. "In tight times, people change their behaviour. Tipping is an optional expenditure. Everyone is not only tipping less, they're spending less. Consumer confidence is at an all-time low."

Water park reopens after reno

LINDSAY WALLIS
for Metro Calgary

POOL Children scream and laugh as an elephant head high above tips and spills 500 gallons of water onto everyone nearby.

This is just one of the many attractions in the new Safari Splash Zone that was opened last weekend at the Village Square Leisure Centre. The pool area has been closed since June for the renovations, which include four new waterslides, squirt guns and lots of places for kids to climb around.

Joe Grainger, Village Square's facilities manager said, "you can't go on (the Safari Splash Zone) and not laugh and smile."

The project totalled \$12 million and included new fitness equipment, a jungle gym and six new multipurpose rooms, two of which have direct pool access. Village Square also upgraded its lighting and plumbing systems to be more energy efficient.

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News in brief

MOTORCYCLE Breaking attendance records, over 31,800 people packed into the Round-up Centre earlier this month for the 2009 Calgary Motorcycle Show. The numbers were a five per cent increase from last year. "The (show) continues to grow both in square footage and in attendance," show manager Laurie Paetz said in a statement.

MURDER TRIAL The suspect in the murder of a Calgary woman last summer has been ordered to stand trial on second-degree murder charges. Provincial court Judge Frank Maloney ruled yesterday that there was enough evidence to send Travis Marc Martel, 35, to trial for allegedly killing his estranged girlfriend Sarah Nicole Rae, 24.

METRO CALGARY

Man in hospital after ATV accident

AIRDRIE A 35-year-old Airdrie man is in critical condition in hospital after he lost control of his ATV just east of Balzac Tuesday night. The man, whose name has not been released, was not wearing a helmet. The RCMP are investigating and alcohol is said not to be a factor.

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At work...

To be continued on January 27th...

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Canada

Election not wanted, Liberal leader says

The Opposition leader said yesterday that Canada needs an election over next week's budget "like a hole in the head" — the latest sign that he will keep the minority Conservative government in power.

If the Opposition Liberals vote against the Tuesday budget, the government will almost certainly be defeated. That could trigger an election at the end of February or the start of March.

"We need an election in February like a hole in the head. It is not the preferred choice of Canadians. We're in a recession (and) Canadians all know that an elec-

"We need an election in February like a hole in the head ... We're in a recession (and) Canadians all know that an election is expensive."

Michael Ignatieff

tion is expensive," Liberal Leader Michael Ignatieff told a televised news conference in Montreal.

Ignatieff told Reuters on Tuesday that he was quite prepared to vote against the budget if he felt it could not tackle the growing effects of the financial crisis. He also said he was trying to calm political tempers.

Prime Minister Stephen Harper needs the support of the Liberals to back the

budget, given that the two other opposition parties in Parliament have already made clear they will vote against it.

The government infuriated opposition parties late last November by issuing a financial update that predicted the country could stay in surplus over the next five years, as long as it did not embark on measures to stimulate the economy.

REUTERS

Lawyer plans freedom of religion defence in polygamy case

COURT The lawyer for one of two religious leaders facing polygamy charges in British Columbia said he plans to use gay marriage and the right to religious freedom to defend his client.

Blair Sufredine, lawyer for Winston Blackmore, said that if adults of the same sex can legally marry, the same right should apply to adults who want to enter conjugal relationships with more than one person at a time.

Blackmore, 52, is charged with having 20 wives. He and James Oler, 44, who is also facing polygamy charges for having two wives, appeared in court in Creston, B.C., yesterday morning.

METRO CANADA

One love

- The main Mormon church ended the practice of polygamous marriage in 1890.

Vancouver Cancer dance



Ballerinas strike a pose yesterday to raise awareness for the Weekend to End Breast Cancer fundraising walks, which take place across Canada every summer. Three of the 27 dancers wore pink to represent the ratio of women who will be diagnosed with the disease in their lifetime.

KRISTEN THOMPSON/METRO CANADA

News in brief

SUPREME COURT Wal-Mart Stores Inc. violated the rights of workers at a Quebec store when it closed the store following union-organizing efforts, lawyers for the workers told the Supreme Court of Canada yesterday. The case has the potential for widespread

repercussions as unions seek a foothold in Wal-Mart stores in Canada and the United States.

ASSAULT A Saskatchewan provincial court judge has been removed from his court duties after being charged with two counts of assault, CBC

News Online reports. Judge Donald Bird has not sat in court since Dec. 4, 2008, when provincial court Chief Judge Carol Snell learned Bird was the subject of a criminal investigation, Snell said in a news release.

METRO NEWS SERVICES

New cream might prevent spread of herpes infection

Researchers say they have developed a cream that might prevent herpes infection for as long as a week — a potentially big step in protecting women from the sexually transmitted infection. The cream uses a new kind of therapy called RNA interference to turn off genes that the virus uses to invade cells, researchers said. **REUTERS**

7

World



Chile swaps martinis for condoms

It's out with the Martini and in with condoms as Chile revamps its consumer price index to reflect changing consumer patterns. The new measure, with a December 2008 base, will put more emphasis on transport costs and less on food. Other items added to the index basket include hamburgers, rum, hunger suppressants and Internet services, while film, video rentals and computer diskettes were among those withdrawn. **REUTERS**

Obama springs into action on first day

U.S. President Barack Obama had a busy first full day in office that saw him meet his economic advisers and war council and plunge into Israeli-Palestinian peace diplomacy.

Obama's packed agenda signaled he was serious about meeting his promise to break sharply with his Republican predecessor George W. Bush's policies at home and abroad.

He even managed to squeeze in one small but pressing matter — retaking his oath of office. Chief Justice John Roberts had inadvertently switched a word while administering it on Tuesday.

Acting swiftly on Day 1 after his inauguration, Obama also ordered a full review of the U.S. strategy in Afghanistan, where he has pledged to boost troop numbers, and told generals to take the first steps toward executing his campaign pledge to withdraw troops from Iraq.

Obama, who has vowed a bolder pursuit of Israeli-Palestinian peace than

\$358B rescue plan

• A U.S. House panel yesterday backed a \$358-billion US package of new government spending, the first key test for a massive Democratic plan aimed at boosting the ailing U.S. economy.

Bush, also called Israeli and Arab leaders to promise his help in consolidating the Gaza ceasefire.

"He pledged that the United States would do its part to make these efforts successful, working closely with the international community," White House spokesman Robert Gibbs said.

With his prompt attention to the decades-old Middle East conflict, he made clear it would be a top foreign policy priority among the problems he inherited from Bush.

On the domestic front, with markets volatile and job losses mounting, Obama held a late afternoon meeting with top economic advisers to try to chart a course out of the economic crisis.

REUTERS

U.S. President Barack Obama, alongside his wife Michelle Obama, greets members of the public touring the Blue Room of the White House in Washington, D.C. yesterday.

Guantanamo closure orders set for today

PRISON U.S. President Barack Obama is ready to issue orders today to close Guantanamo prison and overhaul the treatment of terrorism suspects, in a swift move to restore a U.S. image hurt by charges of torture.

A draft executive order obtained by Reuters yesterday sets a one-year deadline to close the controversial U.S. military prison at Guantanamo Bay, Cuba, where foreign terrorism suspects have been detained for years without trial.

Yesterday, a military judge suspended the cases of five suspected plotters of the 9-11 attacks on the U.S. and of Canadian Omar Khadr, a day after Obama sought a 120-day suspension of pending Guantanamo cases.

He will also ban abusive interrogations and order a review of detention policies for captured militants, aides said. **REUTERS**

Israeli forces finish withdrawal from Gaza Strip

CEASEFIRE Israel completed a troop pullout from the Hamas-ruled Gaza Strip yesterday, starting its relationship with U.S. President Barack Obama by leaving Palestinian land devastated by the offensive.

"We've redeployed on our side of the frontier and we will follow events closely," said Mark Regev, a spokesman for Israeli Prime Minister Ehud Olmert. "If Hamas breaks the ceasefire, we of course reserve the right to act to

protect our people."

Obama's predecessor, George W. Bush, endorsed Israel's right to defend itself against rocket fire by the Gaza Strip's ruling Hamas Islamists.

Obama reiterated that he and his administration would work to achieve Middle East peace, a Palestinian official said.

Under international pressure to end the deadliest Israeli-Palestinian fighting in decades, Israel and Hamas declared sepa-

No uranium?

• Israel denied yesterday its armed forces used ordnance with depleted uranium during the Gaza Strip offensive, and said that could be proven by any UN investigation.

rate ceasefires on Sunday, opening the way for more aid to be brought into the rubble-strewn enclave where thousands are

homeless.

Reconstruction, if it can be launched in light of the West shunning of Hamas as a "terrorist" group, may cost close to \$2 billion US, according to Palestinian and international estimates.

Diplomatic efforts led by Egypt were focusing on reaching a long-term Israel-Hamas truce deal, far short of an accord on Palestinian statehood sought by the United States and other international peace brokers. **REUTERS**

Senate approves Clinton as U.S. secretary of state

POLITICS Hillary Clinton Rice won U.S. Senate approval as secretary of state yesterday despite renewed Republican concerns about potential conflicts of interest created by her husband's foreign fundraising.



On a 94-2 vote, Hillary Clinton won the Senate easily approved Clinton's nomination by President Barack Obama to be the top U.S. diplomat. Clinton, a former first lady and New York senator, was sworn in shortly after the Senate acted and replaces former Secretary of State Condoleezza

During a Senate debate, Republican Sen. John Cornyn of Texas raised the potential for conflicts of interest created by foreign donations to the charitable foundation of her husband, former president Bill Clinton.

Among the nearly \$500 million US given to the foundation, established by Bill Clinton to pay for his library in Arkansas and charitable projects around the world, are donations from foreign governments that Hillary Clinton could deal with in her new role. **REUTERS**

Suspect in London bombings arrested after raid in Pakistan

PESHAWAR A Saudi national suspected of involvement in the 2005 bombings of the London transport system and of being an al Qaida militant was arrested yesterday, Pakistani officials said.

The man identified as Zabi-ul-Taifi was arrested along with six other militants in a pre-dawn raid on the house of an Afghan

refugee.

The intelligence officials had earlier said that the arrested men were believed to have planned attacks on trucks taking supplies to Western forces in Afghanistan and they included four Arabs and three Afghans. A militant source had said that two Arabs and five Afghans were arrested. **REUTERS**

Caroline Kennedy withdraws bid for Clinton's spot in Senate

SENATE Caroline Kennedy told New York Gov. David Paterson she was withdrawing from consideration to replace Hillary Clinton in the U.S. Senate, The New York Times reported.

The New York Post also reported that the daughter of slain president John F. Kennedy withdrew from consideration, citing unnamed sources.

Kennedy, 51, spent part of her youth in the White House but has never held public office.

After President Barack Obama tapped Clinton to be his secretary of state, Kennedy launched an unusual public campaign to replace her. The move was seen as a possible continuation of the Kennedy political dynasty. **REUTERS**

News in brief

SOUTH AFRICA Graca Machel, the wife of Nelson Mandela, yesterday described Zimbabwe's government as illegitimate and said regional leaders had allowed hundreds of thousands to die needlessly in the African nation. Zimbabwe is

facing a humanitarian catastrophe as President Robert Mugabe and the opposition bicker over a stalled power-sharing deal. Rights groups say scores of opposition activists have been murdered, tortured and beaten. **REUTERS**

Thousands of labour union members marched yesterday outside the offices of Brazil's central bank in Sao Paulo and Brasilia, calling for a steep drop in interest rates to help spur the country's economy and prevent mass layoffs. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

SEC to probe Jobs' health claims

INQUIRY U.S. regulators are examining Apple Inc.'s disclosures about chief executive officer Steve Jobs' health problems to ensure investors were not misled, Bloomberg said, citing a person familiar with the matter.

The Securities and Exchange Commission's review does not mean investigators have seen evidence of wrongdoing, the person told Bloomberg. The person declined to be identified because the inquiry is not public, the

news service reported.

Both the SEC and Apple declined to comment on the matter.

Jobs, who earlier had said he had an easily treatable "hormonal imbalance," said last week his problems were "more complex" than originally thought, and he would take a medical leave of absence for six months.

In 2004, Jobs was treated for a rare type of pancreatic cancer called an islet-cell, or neuroendocrine, tumour. **REUTERS**

Deficit to reach \$13B?

Canada's budget deficit is likely to total at least \$13 billion in the 2009-10 fiscal year, or 0.8 per cent of gross domestic product, before any stimulus measures are taken, the parliamentary budget officer said yesterday.

The new estimate compares with the officer's estimate last November of a deficit of \$3.9 billion for the same period.

To avoid a long-term structural deficit, the Conservative government's upcoming budget should avoid any permanent measures, such as permanent tax cuts, that cost

Budget plans

- The budget next week will contain tax measures, Finance Minister Jim Flaherty said yesterday, but declined to say whether they would be permanent or broad-based measures.

more than \$6 billion annually, according to briefing notes published by Kevin Page, Canada's independent budget officer.

The rapidly worsening outlook for the economy — the average private sector forecast now calls for the

economy to contract 0.8 per cent this year — led Page to predict cumulative budget deficits of \$46 billion from 2009-10 to 2013-14.

Since the PBO's November 2008 report, "The near-term outlook for the Canadian economy has weakened further and is projected to remain below its potential capacity over 2008-2013," Page said.

That represents \$20,000 in lost income for every household in that period, he said.

And the deficit could be as high as \$21 billion annually if the situation deteriorates further. **REUTERS**

Nortel clips corporate jet's wings

BANKRUPTCY Nortel Networks Corp. has grounded its corporate jet as the telecom equipment maker cuts costs and restructures its ailing business, which is in bankruptcy protection.

The company is also in talks to get rid of the plane, which was used primarily to ferry chief executive Mike Zafirovski on business trips.

"It was one of the first things to go," company spokesman Mohammed Nakhooda said yesterday. He was unable to say when the jet was used last.

Critics have tried to fashion private corporate jets into symbols of excess, particularly given the economic downturn. **REUTERS**

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Indonesia Toyota's No. 1



A model stands next to the new version of the Toyota Hilux double cabin during its launch in Jakarta yesterday. Toyota surpassed General Motors in 2008 global sales to assume the title of largest automaker for the first time, logging 8.97 million sales compared to GM's 8.35 million.

In brief

LEGAL Seven British animal rights activists who targeted firms that supplied medical research firm Huntingdon Life Sciences have received jail terms up to 100 years for conspiracy to blackmail.

JOB CUTS Analysts anticipate Microsoft will post a quarterly profit of 49 cents US a share, off its 51 to 53 cents US a share forecast, and announce 6,000 to 8,000 job cuts this week, as the global downturn affects technology's biggest players.

ABCP Coventree Inc., hard hit by the meltdown of non-bank asset-backed commercial paper (ABCP), said it will wind down operations now that a plan to restructure ABCP has been finalized. **REUTERS**

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Comment

A third force in Canuck politics

Home&Abroad

Andrew Cohen

Canada & world insight

It is heartening to learn that Barack Obama plans to make his first foreign trip as president to Canada.

It is something of a tradition for a new president to visit Canada before he visits anywhere else. It is an expression of respect for America's oldest friend and largest trading partner.

In 2001, the newly elected George W. Bush went to Mexico first. It was considered a snub in Ottawa, an inauspicious beginning to a prickly relationship between Bush and Jean Chrétien.

Our amour propre was wounded, again, when Bush addressed Congress after 9-11. Acknowledging the many countries which had helped the United States, he ignored Canada.

Not terribly gracious, we thought.

Two years later, Canada refused to go to war in Iraq and conveyed its decision badly to Washington. An angry president cancelled a visit to Ottawa that spring. Said he was too busy.

George W. Bush knew or cared little about Canada. As a southwestern, conservative, religious Republican, he was remote from this country, geographically, ideologically and temperamentally.

When Iraq soured, Bush became

where else in the world, Barack Obama is a darling in Canada. Looking at him and the hope he's generated, Canadians are disappointed with their fractious politics.

Behold, American envy. It is now the United States, not Canada, which is new and daring. While we grudgingly elect a dour, flinty economist, Americans embrace a conciliatory, inspiring supernova.

This is hard for Canadians, who have long thought that they are more liberal, that they're more tolerant of visible minorities, that

America is a melting pot of conformity. No longer.

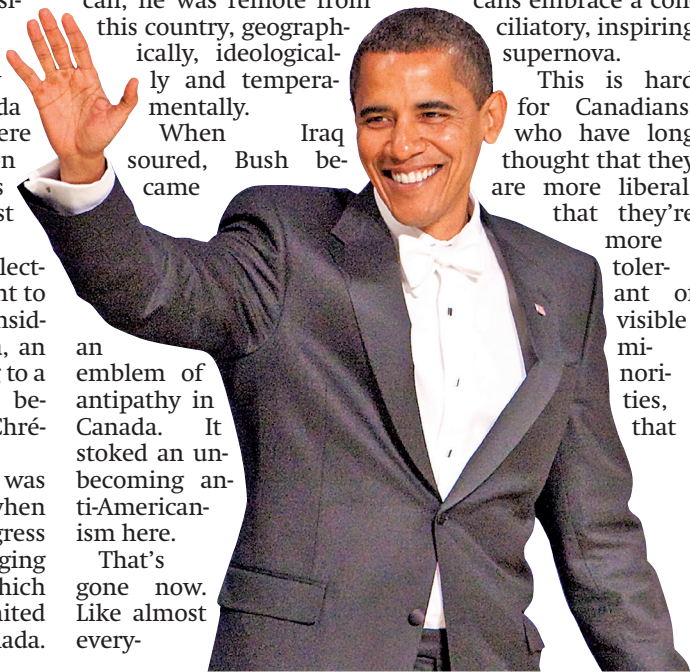
Indeed, so great is Barack Obama's appeal that he could become a third force in our politics. He's more popular than Harper here, and that gives him credibility.

The president's influence, should he use it, may be greatest in climate change; Obama is expected to urge Canada to adopt higher continental standards on carbon emissions. This is a problem for Harper, who has supported the tarsands in Alberta, a huge source of pollution.

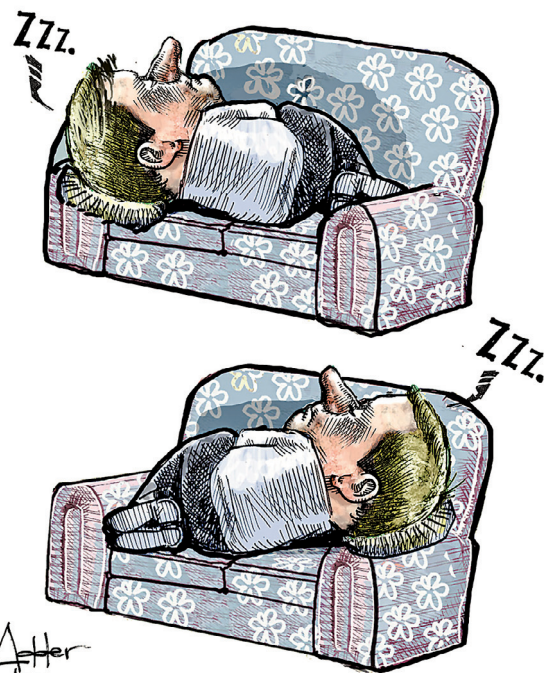
Then there is Afghanistan, where the Americans are increasing their military commitment. They will probably ask us to stay longer than 2011, when our troops are to leave.

As the president prepares to come to Ottawa, Harper will learn there is another leader of the opposition. His name is Barack Obama.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



STEPHEN HARPER CHANGING HIS POSITION ON OMAR KHADR:



After metro

Letters

Obama's taste in music impresses

Re: *Aretha heralds new hope*

Don't blame Paul for losing it while observing that "Aretha can sing. Boy, can she ever ..."

I was up and cheering! Obama even has fabulous

taste in music!

For me, allowing us the joy of listening to living legends, Stevie Wonder, Aretha Franklin and U2, was the icing on the cake.

Truly, Dr. Martin Luther King Jr.'s dream lives on and on. I am sure he is enjoying all this from above.

HARRY S. ANCHAN, CALGARY

Views

A reckless heart is really the danger



Doug Firby

There's a popular current of thought that snow resorts should "ban" skiers and riders who go out of bounds, for fear they are costing taxpayers a lot of money when they need to be rescued from remote backcountry locations.

But not every backcountry adventurer needs to be rescued. And charging them thousands of dollars for the rescue could discourage some from calling for help when they really need it.

When three skiers and one snowboarder slipped out of bounds at Vancouver's

Grouse Mountain resort earlier this month in pursuit of some fresh powder, for example, they were "rescued" even though they reportedly didn't seek any help. In that case, the rescue — and subsequent ban from Grouse Mountain — was the resort's way of driving home the point that they don't want their facility used as an entry way to the backcountry.

In some cases, however, resorts have no such authority. All any resort can do is try to ensure there are plenty of signs warning adventurers of the potential dangers beyond the boundaries. Backcountry adventurers are supposed to register with Parks Canada before they head out, but you'd need an army of wardens to enforce such a requirement.

"It's too bad we couldn't bill people for being stupid or reckless. Often it's the ill-informed and ill-equipped ones who are the cause of trouble."

There is one offence, however, that ski areas can and do clamp down on — skiing or riding in closed areas. Guests who enter a closed area are liable to have their passes yanked for the season.

Areas are closed because they either don't have enough snow or have unstable conditions, including risk of avalanche. Knowingly entering one of those areas is an invitation for trouble, and a violation of the Alpine Responsibility Code, which requires skiers and riders to "stay off closed trails and closed areas." When you

purchase your pass in western Canada, you agree to the terms of the code.

Snow resorts strongly prefer guests stay within bounds. The moment you slip under that rope, you are rolling the dice on conditions.

It's too bad we couldn't bill people for being stupid or reckless. Often it's the ill-informed and ill-equipped ones who are the cause of trouble. And everyone ends up paying the price for that.

Doug Firby is Associate Director of Communications for Sunshine Village Ski and Snowboard Resort in Banff National Park.

Worth mentioning

Cleaner air equals longer lives: Study

Dramatic improvements in U.S. air quality over the last two decades have added 21 weeks to the life of the average American, researchers reported yesterday.

Reducing fine particles given off by automobiles, diesel engines, steel mills and coal-fired power plants have added as much as 15 per cent of the 2.72 years of extra longevity seen in the U.S. since the early 1980s, researchers wrote in the *New England Journal of Medicine*.

Changes in smoking

habits are the biggest reason why Americans are living longer, said Arden Pope, an epidemiologist at Brigham Young University in Utah who led the study.

Improved socio-economic conditions, judged partly by the proportion of high school graduates living in an area, rank next. But cleaner air was a big factor.

"It's stunning that the air pollution effect seems to be as robust as it is after controlling for these other things," Pope said. **REUTERS**

Metro Online Poll Results

66% SAID YES

Can Barack Obama reverse America's dwindling fortunes?

Weigh in on today's question at metronews.ca

34% SAID NO

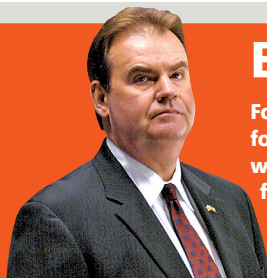
It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

The Pittsburgh Steelers will wear their white road uniforms against Arizona in the Super Bowl, just as they did when they defeated Seattle for the NFL title three years ago in Detroit. The Cardinals, as the home team, chose to wear their red home jerseys in the Feb. 1 game in Tampa. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA



Burns battling cancer again

Former Maple Leafs and Canadiens coach Pat Burns is fighting cancer for the third time. Burns told Montreal's La Presse he was diagnosed with lung cancer last spring. He underwent chemotherapy during his first two bouts with liver and colon cancer, but the newspaper reported he will now try other methods of treatment. **METRO NEWS SERVICES**

Flames sneak past Jackets

NHL RESULT

Flames 5 Blue Jackets 4 (SO)



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: After missing five games with a hip injury, Todd Bertuzzi made his return to the Calgary lineup and notched the game-winning goal in a shootout, much to the delight of the sell-out crowd at the Pengrowth Saddledome.

THE SNIPERS: Michael Cammalleri scored twice and now has a team-leading 21 goals for the Flames, while R.J. Umberger tallied a pair for the Blue Jackets to give him 15 on the



Dion Phaneuf and the Blue Jackets' Derek Dorsett collide during the first period of last night's game. Phaneuf was ejected from the game early in the first period.

season.

THE DROUGHT BUSTER: When he one-timed a pass from Adrian Aucoin past Columbus netminder Steve Mason, Calgary

captain Jarome Iginla ended an eight-game goalless drought.

THE EJECTION: Dion Phaneuf logged just 2:34 of ice time before being assessed a major penalty

for boarding Columbus forward R.J. Umberger, five more minutes for fighting Blue Jacket defence-man Marc Methot and a game misconduct.

THE RETURN: In his return to the lineup, Bertuzzi a total of 16:05 in ice time and didn't record a shot on net before he backhanded the game winner past Mason in the shootout.

THE BIG HIT: Defenceman Adam Parry took Jared Boll hard into the boards with a heavy hip check early in the second period much to the delight of the Saddledome crowd.

THE NEXT GAME: While Iginla is off to take part in the all-star festivities in Montreal this weekend, the rest of his teammates have a week to prepare for Calgary's next game at home on Wednesday against the Buffalo Sabres.

Fresh Kipper needed come playoff time

The notion has been floated that Miikka Kiprusoff is on target to break the NHL record of 48 wins in a season. While it's true he's on pace for 50, getting there would be detrimental to the long-term health of the Flames season.

Very few goalies have been able to play 75-plus games in a season and still have the physical stamina and/or mental capacity to keep it going another 25 or so the next two months.

Even the great Martin Brodeur couldn't do it.

In the seasons he played 78 and 77 (twice) games, New Jersey bowed out early in the playoffs.

True, the Devils did win the Cup when Brodeur played 72 and 73 games, but maybe it's that extra five games rest that made the difference.

Kiprusoff is on pace for 77 games. Even if he and coach Mike Keenan — known as a bench boss who likes to ride his No. 1 man hard — think that's a wise idea, they're wrong.

Patrick Roy never played more than 68 games in a season. Dominik Hasek topped out at 72. Evgeni Nabokov played 77 games last season, then petered out in the post-season.

Kiprusoff played 74, 74 and 76 games each of the past three seasons, then watched his stats deteriorate in first round playoff exits each year.

Not completely his fault,

TheHockeyNews

Brian Costello



thehockeynews.com

for sure, but even the hard-riding Lone Ranger knew he had to hitch Silver to the trough every now and then.

Flames GM Darryl Sutter knows that as well. That's why he picked up Curtis Joseph down the stretch last season. Cujo played the odd game and provided insurance in the playoffs.

Nothing against Curtis McElhinney, but he's not the ideal backup going into April. It's not his fault he's only had three starts in 45 games.

Watch for Sutter to make a goalie acquisition before the trade deadline. Ottawa whipping boy Martin Gerber makes \$3.7 million, but just \$850,000 of it after the March 4 deadline.

He'll fit under the team cap and provide experienced emergency relief. Joseph and Olaf Kolzig are other candidates.

With the stakes so high to win the division, Kiprusoff will surely play 70-plus games. Ideally, common sense and playoff insurance will snuff out his attempt at 50.

The Hockey News
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Does the NHL's future lie in Europe?

If you go back to 1957, a hockey fan might have called it preposterous, the notion of having an NHL team in southern California.

Ten years later, the Los Angeles Kings were born.

In 10 years from now, where will the NHL be?

To some, the answer is clear: Europe. Perhaps a European division — Berlin, London, Prague, Stockholm, Helsinki, Zurich. It's not a far-fetched idea.

"There is a great deal of enthusiasm and a real market for the NHL game in Europe," says Paul Kelly, executive director of the NHL Players' Association and one of the leading proponents of the globalization of the game. For now, the league talks only of doing what's best for the 30 existing teams.

The Phoenix Coyotes are living off league handouts, the Florida Panthers have laid off staff, the Nashville Predators have one of its owners in bankruptcy court, the Atlanta Thrashers own-



Lack of interest in many American cities, combined with the current economic climate may lead the league to expand across the Atlantic. But would Europe accept the NHL?

ers are suing each other, and the situation in Tampa changes minute-by-minute.

Relocating weak teams — perhaps putting a second team in Toronto, or one in Hamilton or Winnipeg — within North America is certainly more likely in the short term than locating a team in Europe, said Kelly.

Detlev Zwick, a professor of marketing in the Schulich school of business at York University, sees Europe as the NHL's best hope, believing the North American sports market to be saturated, witnessing an economy in recession.

"They have to look at Europe, and yes, there are lots of logistical problems that

come into play," says Zwick. "But it's sort of inevitable from a corporate perspective. They need to develop new markets if they want to see real growth."

The NHL also has its reputation at stake as the world's premier hockey league. It faces a direct threat from the KHL, the former Russian Super League that has pan-European aspirations. "The NHL may not have a choice if they are to maintain their premier position as the best hockey in the world," said Zwick.

Caught in the middle are European ice hockey federations, desperate to keep their national leagues intact, fearful that the biggest cities in

those leagues would be poached by outside interests.

"We don't see any reason for the NHL to play permanently in Europe," Jukka-Pekka Vuorinen, president of Hockey Europe, said.

The International Ice Hockey Federation says the NHL would fail miserably, citing the fact that the NFL pulled the plug on the money-losing NFL Europe and saying the NHL would be seen as interlopers along the line of how the WHA was perceived when playing in NHL cities.

"It would be a potential disaster for this NHL's European Division," said Rene Fasel, president of the IIHF. **TORSTAR NEWS SERVICE**

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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Rack 'em up

JULIA TEXTOR
for Source Media Group

So, you've made it through yet another Christmas shopping season. Good for you! You may have even managed to pick up a few things for yourself, like a new winter jacket or toque; better yet — you got them as gifts. But now that you're home, in your 600-square-foot condo, just where are you suppose to put all your new loot? As bulky winter jackets can inefficiently fill up valuable closet space, stylish and tasteful coat racks can be a great way to add additional storage to close living quarters.

PHOTOGRAPHY BY JOANNE CHANG



Right: Torre & Tagus Wing coat rack. Comes in white, black and brown. Available at Urban Barn.

\$169



\$180

Above: Torre & Tagus Cleo coat rack. Available at Urban Barn.



\$479

Above: Collector's classics coat tree. Comes in terrene, carbon and glacier finishes. Available at Ethan Allen.



Left: ODDA storage unit with clothes tree. Available at IKEA.

\$199



\$49

Left: PORTIS clothes rack. Available at IKEA.



\$219

Above: Worn white hall shelf. Also comes in black. Available at Ethan Allen.



\$168

Above: T425 Prairie View. Comes in a dark, oak stain finish. Available at Ashley Furniture.

Right: PORTIS hat & coat stand. Available at IKEA.



\$39



Right: Torre & Tagus Anchor coat rack. Available at Urban Barn.

\$136

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Style icon Sarah Jessica Parker tells Usmagazine.com she loved the one-shouldered full-length white Jason Wu gown Michelle Obama wore to the 10 balls Tuesday evening. "I think she will be great for the business of American fashion," Parker tells Us magazine. **METRO NEWS SERVICE**

Style



An accessory for the gal about town

Horried of all the germs your purse will come in contact with on a dirty restaurant floor? If so, the My Tagalongs Purse Hooker is the perfect accessory for you. This handy collapsible hook latches onto any flat surface, making it easy to keep your purse safe and clean during an evening out. The My Tagalongs Purse Hooker, \$15, comes with its own pouch and is available in the handbag section of the Bay stores across Canada as well as online at mytagalongs.com.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Judging the runway

Project Runway host Iman talks racism, diplomacy

BRIAN COULTON
for Metro Canada



Even in a black car with darkly tinted windows, you can see her sparkling.

As her vehicle pulls up, glimmers from her wrist and ears escape the glass barriers, capturing the beating sun outside. But while she may evade such obstructions, Somali-born supermodel Iman said women of colour aren't quite as opportunistic.

"I could go (on) ... on the lack of black models," she said on the Ottawa-based catwalk set of Project Runway Canada's second sea-

son, which she hosts.

Behind her mask of beauty she knows how dark a fashion industry overrun with eastern European models really is. "Of course I am aware! It is unacceptable for people to still be behaving like we were in the 1950s."

Aside from her 14-year-old cosmetics company designed specifically for women of colour, Iman's zeal for the issue also lead her to partake in two roundtable discussions called Blacks in Fashion in New York. She said the talks, organized by pioneering black model and agent Bethann Hardison, caused Prada to use Jourdan Dunn for their

Project Runway

• Season two of Project Runway premieres on Global on Jan. 27.

fall 2008 collection, its first black model since Naomi Campbell in fall 1997.

"As a model, I can say whatever I want because I'm a citizen. I don't work for anybody. That's why I can talk about the lack of black models without anyone retaliating against me," she said.

But Iman didn't always have her eye on the runway. Before being discovered by

American photographer Peter Beard at just 20 years old, Iman was set on a political career, following in her diplomat father's footsteps. But she said a diplomat must be wary of what they say because they have to "play ball" within the system.

Iman has her own way of being diplomatic.

"How do I really say it in the right way that I want to say it without offending or insulting people? That's the way diplomacy comes into it," she said. "How do I make them see that they are going the wrong way — how arcane they are and how out of touch they are — without saying, 'You're stupid! You're being an ass!'" she questioned.

That's why, when asked, Iman had no qualms with allowing her only daughter (once finished school) to enter the industry if she desired. "It gives you a platform where you can actually say something that the newspapers will write about. In that way, I think there is that responsibility you can take advantage of."



Project Runway host and model Iman is not only a style icon, but also a political personality with an involvement in organizations like Blacks in Fashion.

Biddell designs for Winners

ECO DESIGN This week Winners introduced a limited edition reusable shopping bag designed by Evan Biddell, the winner of the inaugural season of reality TV series Project Runway Canada.

The stylish, shoulder-strap eco bag, \$1.99, will be sold exclusively at Winners stores nationwide, excluding Quebec.

As Project Runway's grand winner, Evan Biddell, 24, won a retail mentorship with Winners. The Saskatoon, Sask., native spent a week with the retailer learning about the "business of fashion."

"I was raised to be conscious of the effects we have on the environment and I believe we, as designers, can make choices that can help protect the planet," said Biddell in a statement.



Evan Biddell-designed, limited edition reusable bag for Winners, \$1.99.

"That said, there are so many eco bags out there and I really wanted this one to stand out for its design — I wanted the focus to be on high-fashion as opposed to a green message which states the obvious," said Biddell. **METRO NEWS SERVICES**

Cavalli-branded Mastercard

MILAN Italian designer Roberto Cavalli, known for his bold animal prints, is lending some style to the other side of the retail counter.

The designer, who counts the Spice Girls among his fans, has created a Roberto Cavalli-branded Mastercard with a snakeskin signature print and iridescent colouring.

The "Cavalli Card" also entitles holders to VIP services at Cavalli boutiques, access to special sales, events and shows.

"I love to immerse myself in new projects — they stimulate my creativity," Cavalli said in a statement.

The card will be available starting March 1, available online at robertocavallcard.com. **REUTERS**

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A solution for stubborn zippers

If the zipper on your jeans is constantly falling down, spray hairspray on it to add stickiness and hold. If your zipper is sticky and hard to pull, rub candle wax or a bar soap on the outside of the zipper (diynetwork.com). **KIM ELBO/FOR METRO CANADA**

style **13**

Focus on jacket silhouettes this year

Style **File****ask kim**

When should I expect spring collections to start rolling into the stores this year?

At this time of year many outdoor stores and malls are having their sidewalk sales. This means old holiday inventory wear is being pushed out of the doors and sold outside to make room for their spring inventory. Spring collections should start coming in late January to early February. In the meantime, take advantage of the sales and grab some basics.

E-mail your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



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Cape Jacket
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Shop: Dream
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Structured
Designer: Joseph & Elizabeth
Shop: joseph-elizabeth.com



The Slouch
Designer: Matix
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Address: Various Locations
vozz.ca



The Slim Fit
Designer: Mavi
Shop: Mavi
Address: Various Locations
mavi.com



The Flare
Designer: Parasuco
Shop: Parasuco
parasuco.com

Black Jackets

Preppy black and navy blue blazers were a popular choice for jackets early fall last year. Stylists paired it with dresses, jeans and sweaters. Common accessories for the conservative jacket were belts and bold metal military-inspired buttons. This year the jacket takes on different cuts and forms. Designers have taken the shape and fit into account and have focused on the silhouette of the jacket. Slim fit and cropped jackets are a thing of the past. This year, look out for loose fit and moderate length jackets.

accessory

Opt for a faux pout with Soap & Glory's Sexy Mother Pucker lip plumping gloss, \$10. Available exclusively at Shoppers Drug Mart.

**Jean Trends**

Gossip Girl stylist Eric Daman made the boyfriend cardigan a big hit last season. This spring the slouchy boyfriend jean is the thing to wear. However, the slim fit jean is still here to stay; although instead of the typical skinny black and indigo jean, we are seeing a lighter washed up version with frays on the edges.

Global**Style****Kenya Hunt**

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

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Sweet, steamed cakes are popular during Chinese New Year; their sweetness symbolizes a rich, sweet life, the layers symbolize rising abundance for the coming year, and the round shape signifies family reunion. **METRO NEWS SERVICES**

Food

"The word for fish, 'Yu,' sounds like the words both for wish and abundance. On New Year's Eve it is customary to serve a fish, symbolizing a wish for abundance in the coming year."

Barb Holland/for Metro Canada



Served whole

For added symbolism, the fish is served whole, with head and tail attached, symbolizing a good beginning and ending for the coming year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

●●●●● INSPIRED; ●●●●● VERY GOOD; ●●●● PALATABLE; ●●● HO-HUM; ● NEVER AGAIN

Here's to another New Year

À la carte

Barb Holland

Metro Food Writer



As it falls on the first day of the lunar calendar, the specific date of Chinese New Year changes each year. This year, 2009, it is Jan. 26 and this is the Year of the Ox.

Given the importance of food in Chinese culture, it is not surprising that food plays a major role in Chinese New Year celebrations and "lucky" foods are served through the two-week Chinese New Year celebration.

What gives a certain

food symbolic significance? Sometimes it is based on appearance. Noodles represent a long life; an old superstition says that it's bad luck to cut them. Or, a food may have special significance because of the way the Chinese word for it sounds. The Cantonese word for lettuce sounds like rising fortune, so it is common to serve a lettuce wrap filled with other lucky food.

Kung Pao Chicken

This spicy dish is served in both Szechuan and Hunan restaurants. Serve with rice or noodles and a green vegetable such as bok choy. Makes 4 servings.

INGREDIENTS:



Noodles — very popular in Chinese cuisine — represent a long life.

- 1 lb (500 g) boneless, skinless chicken thighs or breasts, trimmed of any fat and cut into 3/4-inch (2 cm) cubes
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) dried hot pepper flakes

- 1 tsp (5 ml) cornstarch
- 1/4 cup (60 ml) chicken broth
- 1 tbsp (15 ml) Chinese black vinegar, balsamic or rice vinegar
- 1 tsp (5 ml) sugar
- 2 tsp (10 ml) Asian chili garlic sauce
- 1 tsp (5 ml) hoisin sauce
- 1 tbsp (15 ml) vegetable oil
- 1 red pepper, cut into 1-inch (2.5 cm) squares
- 1/2 tsp (2 ml) cornstarch stirred into 1 tsp (5 ml) cold water
- 1/3 cup (75 ml) roasted, salted peanuts
- Cooked rice or noodles

METHOD:

In a medium bowl, stir together soy sauce, hot pepper flakes and cornstarch until smooth. Add chicken and toss gently to coat. Let

stand 10 minutes while preparing remaining ingredients.

Sauce: Stir together broth, vinegar, sugar, chili garlic and hoisin sauces, set aside.

Heat oil in large skillet or wok over medium-high heat. Add chicken and stir-fry until lightly cooked, 1 to 2 minutes. Add red pepper and stir-fry until tender-crisp, about 2 minutes. Stir in sauce mixture until bubbly and heated through.

Add dissolved cornstarch and cook, stirring gently until sauce thickens, about 30 seconds. Stir in peanuts and serve over rice or noodles.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets

Peter Rockwell

liquidassets@eastlink.ca

Long lost grape

When it comes to grapes there's been a lot of excitement in the vineyards over the last few years.

We've seen the return of long forgotten whites (riesling, sauvignon blanc), the rise of the South American red (malbec, carmenère) and Obama-sized adulation for inventive blends (like the marriage of shiraz and viognier). Unfortunately all this "cool" fruit has taken its toll on one of my favourite varietals: Chardonnay.

First planted in France's Burgundy region, it's now grown just about everywhere which has fuel the fire under complaints that any originality has been long lost. I blame the over-oaking of many a chardonnay for all the back-turning, and most winemakers have been toning it down to reveal fresher flavours.

The 2007 Fat Bastard Chardonnay (\$14.95 - \$16.99) from southern France is a perfect example of where subtle barrel aging really lets the grape's lemony fruit come forward.

Over in California the 2006 J. Lohr Riverstone Chardonnay (\$20.75 - \$23.98) shows its light woodiness in the vanilla, coconut and butterscotch highlights that fuel its ripe, citrusy flavour trail.

Both wines make a hip reintroduction to a great grape and will match well with white fish, poultry dishes and lighter cream sauces.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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The Main's a mash-up

LunchRush

Blaine Schlechter

blaine.schlechter@metronews.ca

The Main Dish
903 General Ave NE
403-265-3474
tmdish.com

Hours of operation: Mon-Fri (10 a.m.-10 p.m.), Sat-Sun (9 a.m.-9 p.m.)

Rating: ●●●●●

Price range: \$\$

Reservations: No

Client negotiations: No

Lunch w/co-workers: Yes

Social lunch: Yes

Quick solo lunch: Yes

Time in: 12:00 p.m.

Ordered: 12:05 p.m.

Food arrived: 12:09 p.m.

Time out: 12:24 p.m.

Total time: 24 minutes

Low \$: Half sandwich, \$4.99

High \$: Misc. Hot Meat, around \$10.50

Lunch menu: One changing menu, lunch special

Licensed: Yes

If you were to take the best aspects of a trendy coffee shop, a made-to-order soup and sandwich shop, a hot meal deli and a fast food joint, mix them up and then throw in a decent wine menu and random

entertainment nights, what would you get? The Main Dish, of course!

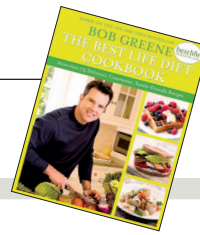
Located in up-and-coming Bridgeland, this unique establishment which caters to many different cravings. For lunch, The Main Dish offers a changing hot meal menu which on this day consisted of a stuffed pepper and a stir fry, among others. Visit the next counter and you are faced with a selection of sandwiches, soups and salads all offered in a variety of combinations. Even the sandwich can be ordered as a wrap or on a roll, bread or a bun. No matter how large your appetite, The Main Dish can match it with its different menu options.

With all of these choices swimming in my head I ordered an Italian Sandwich on a roll with a side of Caprese Salad (\$8.99).

If I had to find a downside to The Main Dish it would have to be its size — the seating is limited during the lunch rush. The fact that they're busy is a testament to the good food. It is for this reason that I recommend eating here for a more social, fun setting as it may be a little too cozy for a power lunch meeting. The Main Dish has many valuable traits; it's trendy, healthy, energetic, fresh and tasty.

A popular choice

Still trying to lose the holiday weight? You're probably not the only one. The Best Life Diet Cookbook: More than 175 Delicious, Convenient, Family-Friendly Recipes by Bob Greene topped Amazon.ca's list for best-selling cookbooks last week. **METRO NEWS SERVICES**



Hockey champs' secret chef weapon

Canadian Junior Hockey Team's superstition brings Calgary chef on tour with them

JENNIFER HILLIKER
for Metro Canada



Ever since the Canadian Junior Hockey Team won gold at the World Junior Hockey Championship in Sweden two years ago, they haven't wanted to change their luck.

That's why they brought Jeff Hanna and his chef Andrew Gass with them during the recent world junior championships in Ottawa.

"What you eat is a very big deal," said first-year player Tyler Myers. "It has a lot to do with your success on the ice."

A gold medal for Canada has come out of all three years Hanna and Gass have served the team.

"If they have a winning recipe for anything they do, they are going to stick with it," said Hanna, who owns The Metropolitan Grill, Tommy Burger and Seven Restolounge in Calgary.

"We're three for three.



Calgary chef Andrew Gass holds up his dish, Hearts of Romaine Lobster Caesar Salad. Gass travels with and cooks for Canada's Junior Hockey Team to satisfy a superstition — he's fed the young athletes for their last three gold medals.

We like to think that we did our part."

The other reason why Hanna and Gass keep returning to serve the team is because of their flair for

knowing the athletes' food needs, which include grilled cheese sandwiches and plenty of pasta bolognese.

"We served them

mounds and mounds of pasta — it was unbelievable," Hanna said. "The team needs lots of carbs to keep their energy up."

Added Gass: "They just want something they can recognize. They have pretty regimented routines with stuff they're used to eating before the game."

It was this taste of Canada the team needed for the gold in Sweden.

"Hockey Canada phoned and said, 'For the first time ever in hockey history, we're going to bring our own chefs. With the dietary concerns in Sweden, the players aren't going to survive out there,'" Hanna said.

As well as serving the team day-to-day, Hanna and Gass prepared special meals. This year they took over a restaurant in Ottawa on New Year's Eve to cook for the team and their friends and family.

On the menu was a three-course dinner, starting with a lobster Caesar

salad with a five-cheese garlic bread, then AAA Alberta beef tenderloin with a homemade Hollandaise sauce and fresh asparagus, complete with a light and dark chocolate mousse for dessert.

"It was awesome," Hanna said of his experience. "We were treated like we were one of them. The Canadian camaraderie was incredible."

Myers said he's not a superstitious guy himself, but noted that many other players on the team have plenty of superstitions and having Hanna and Gass was a big one.

"Since that's one of them, we might as well keep it," Myers said.

Hearts of Romaine Lobster Caesar Salad

INGREDIENTS:

- Grilled lemon
- Hearts of romaine
- East-coast lobster
- Deep-fried capers
- Oven-baked fresh croutons

Dressing:

Part A:

- 4 oz minced garlic
- 2 oz (60 ml) chopped drained caper berries
- 3 fluid oz (90 ml) seeded (grainy) mustard
- 1 fluid oz (30 ml) Worcestershire sauce
- 2 oz (60 ml) Greek feta cheese

Part B:

- 2 oz (60 ml) egg yolks

Part C:

- 2 l vegetable oil
- 4 fluid (120 ml) oz lemon juice

- 2 fluid oz (60 ml) good quality aged balsamic vinegar

Part D:

- 2 fluid oz (60 ml) cold water

METHOD:

Whip Part A in a mixer or blender on high speed until it doubles in volume.

Add Part B in a slow stream.

Add Part C in a slow stream until fully incorporated.

Add Part D and mix well. Dress salad.

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Tom Cruise wants to star in a film about last week's Hudson River plane crash. The actor, who is a qualified pilot himself, wants to play Captain Chesley Sullenberger — the man who successfully crash-landed the aircraft on to the New York river, saving all 150 passengers. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Escort service

Katie Holmes has landed a part in a new comedy called *The Extra Man*. The flick stars Kevin Kline as a failed playwright who becomes an escort to older ladies. INTOUCHWEEKLY.COM

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Springsteen realizes a Dream

Bruce Springsteen

Album: Working On A Dream

Label: Sony

Rating: ●●●●●½



BRUCE SPRINGSTEEN IS in a happy place. His buddy Obama is in office. He's got a Golden Globe for *The Wrestler* (it's a "bonus track"). He's got Patti. And his last album proved he can still rock the new millennium. You figure The Boss

can do just about whatever he wants, now. And you'd be correct about that. He can write happy endings to outlaw songs, find love in "aisle two" of the local supermarket, score his music with layers of strings, write dime-store lyrics like "honey, you're my lucky day." Springsteen doesn't have to be deep and dark all the time. But he does need to capture our spirits and lift them when they need a jolt. This is a remarkably beautiful rock album, perhaps finally capturing the sound that should have been the

MusicReviews

music@metronews.ca

backdrop for *Born To Run*. And it still features old friends from E-Street, keyboards and sax so fat you could hide an army in them, guitars that slice through the night. Some critics, yearning for the poetry of *Badlands* and *Thunder Road*, may call it shallow. But who cares? The Boss can do what he wants. We're lucky to have him.

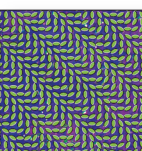
Graham Rockingham/for Metro Canada

Animal Collective

Album: Merriweather Post Pavilion

Label: Domino

Rating: ●●●●½



PARENTS, IF YOU find this in your children's collection, check the sock drawer.

You'll be able to identify Animal Collective by the cover art. It should turn 3-D when you're high. Don't worry, though. It's not dangerous. It's actually pleasant, trippy fun. The sort of stuff that will plaster a smile on your face and leave it there for ... hours. A world of multi-layered dreams, off-kiltered harmonies, kaliope organs and cold, dripping water.

Graham Rockingham/for Metro Canada

Joshua Redman

Album: Compass

Label: Nonesuch/Warner

Rating: ●●●●½



SOME JAZZ ARTISTS can over-load on instrumentation and arrangements, and

then adopt an ostentatious attitude when outsiders can't wholly understand their art. Joshua Redman prefers to welcome listeners to a clutter-free environment —

he on sax with just a bass or two and one or two drummers — as a way to showcase his skilled Sonny Rollins-esque originality. Ear-pleasing jazz never sounded so arty yet so accessible.

Ian Nathanson/for Metro Canada

Antony And The Johnsons

Album: The Crying Light

Label: Secretly Canadian/Sonic Unyon

Rating: ●●●●



NO ONE CAN argue that Antony Hegarty, who plays under the moniker

Antony and the Johnsons, is one of, if not the, most eclectic artist around. His soaring operatic vocals and orchestral instrumentation are not for the casual listener, but play his third album a few times and it's easy to see why everyone wants a piece of 2005's Mercury Prize winner. Deeply personal lyrics about pressing world and human issues and flawless string work combined with Hegarty's haunting melodies makes this a must have. Bryan Borzykowski/for Metro Canada

Don Vail

Album: Don Vail

Label: Independent

Rating: ●●●●



DON VAIL IS a Hamilton-Toronto collective crafted out of the embers of Chore,

Treble Charger, the Priddle Concern and cartoon metal-heads Sons Of Butcher. They've served stints with Broken Social Scene and helped out Wintersleep on tour. Now Chris Bell (bass), Bill Priddle (lead guitar), Mitch Bowden (vocals, guitar, keys) and David Dunham (drums) come together for their debut CD under the name Don Vail. Produced by Jordon Zadorozny, the 10-track album is a proggy pop on the surface, but has plenty for the serious indie rockster to sink his teeth into. Angular guitar flourishes, intricate bass patterns and close-to-the-edge drumming provide a backdrop for Bowden's restrained, folksy vocals. It has its moments on tracks like *Black Book Page* and *Linda McCartney*, but there are times when you want them to just let loose.

Graham Rockingham/for Metro Canada

Bon Iver

Album: Blood Bank

Label: JagJaguwar/Sonic Unyon

Rating: ●●●●½



ONE OF THE best musical moments of 2008 was Bon Iver's brilliant debut disc.

On *For Emma, Forever Ago*, The Wisconsin act, which is just singer-songwriter Justin Vernon, perfected the infectious, lo-fi acoustic sound, so it's no surprise that his four-song EP is another fantastic listen. Opener *Blood Bank*, with its soft pounding bass drum and rich harmonies improves on his formula; *Woods*, however, is a miss thanks to Vernon's Kanye-like auto-tuned vocals, a technique he should never touch. Still, this will leave you desperate for a new full-length.

Bryan Borzykowski/for Metro Canada

Be careful what you wish for.

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The Boss is back with a new album.

GETTY IMAGES

The brand new, 44th President of the United States has inspired a brand new musical. March will bring Obama On My Mind to London — to Islington's Hen and Chickens Theatre, to be exact, reports Playbill.com. **PEOPLE.COM**



Arrested film unlikely

Intelle**Vision**



HOPE SPRINGS ETERNAL: "We've been covering rumours of an Arrested Development movie for nearly a year now," writes Brian Jacks on MTV's Movies Blog, before going on to dish up the latest news — or non-news, as it may be — about the unmade film that no one seriously expects to see.

Movie versions of cancelled TV series are basically the production house version of "I'll call you" — an insincere promise made during a moment of weakness, meant to paper over the awkwardness of telling people that one day, hopefully sooner than they think, it'll be time to move on.

Movie versions of everything from *The Sopranos*, *Rome* and *Deadwood* to



A scene from the Fox series *Arrested Development*.

The Riches and Jericho have been talked about, sometimes with a straight face — HBO had a seasoned Lothario's propensity for the empty gesture — but they've only rarely materialized; Joss Whedon's *Serenity*, based on his short-lived *Firefly* series, and the epic *Sex And The City* film are the most recent examples, and I don't think anyone will seriously suggest that the reputation of the originals was in any

way enhanced by their movie reprises.

Talk of an Arrested Development film has been going on since before the last episode aired almost two years ago. Several of the key cast members have made enthusiastic noises about doing a film, but the notable holdout has been rumoured to be Michael Cera, whose career has taken off since the show left the air.

Interviewed at Sun-

dance, Cera denied that he was the holdout to MTV, but did say that he has yet to see a script and that the movie may be “more hypothetical than people think.” By now, fans of the show should probably start admitting that the moment is past, and that by the time this chimera could actually materialize in the theatres, it’ll be the equivalent of a *Freaks And Geeks* movie. (Which, come to think of it, is what nearly every Judd Apatow film so far has been.)

I KNOW I PROMISED, BUT: Now that creator Matt Weiner has been resigned to the show for two more episodes, I think it's time I broke my vow not to talk about *Mad Men* until the third season begins — sometime in July, according to the *New York Post*. And that would be all I've got, right now. Yup, that's it. Nothing more. You can stop reading now.

Rick McGinnis writes about music, movies, books and television, but not opera.

Love Guru leader in Razzie roster

NOMINEES The Love Guru, a comedy that Mike Myers spent years developing only to see it flop at the box office last summer, led the contenders for the annual Razzie Awards, a tongue-in-cheek commemoration of the year's worst movies, organizers said yesterday.

The film, in which the Canadian comic plays a spiritual healer, picked up seven nominations, including worst picture, director and screenplay.

Myers will compete for worst actor alongside some of Hollywood's biggest stars — last year's winner, Eddie Murphy, (Meet Dave), Al Pacino (88 Minutes) and Righteous Kill), Mark Wahlberg (The Happening) and Max Payne) as well as comedian

Larry the Cable Guy (Witless Protection).

The worst actress category comprises Myers' co-star Jessica Alba, who was also honored for *The Eye*, Cameron Diaz (*What Happens in Vegas*), Paris Hilton (*The Hottie & the Nottie*), Kate Hudson (*Fool's Gold*) and *My Best Friend's Girl*, and the cast of *The Women*.

Director M. Night Shyamalan's *The Happening* and the romantic comedy *The Hot Chick* were also nominated for worst picture, alongside the spoofs *Disaster Movie* and *Meet the Spartans*, and the fantasy adventure *In the Name of the King: A Dungeon Siege Tale*.

REUTERS



Mike Myers
in The Love
Guru

Obama stylist lands reality show deal

PEOPLE Michelle Obama's hairstylist has landed a development deal to star in a reality show. Former Chicagoan Johnny Wright has signed a deal with 44 Blue, which produces such reality shows as Style Network's *Split Ends* and A&E's *L.A. Gang Unit*.

44 Blue executive vice president Stephanie Drachkovitch said she discovered Wright while searching for a reality host.

"There aren't many people of colour doing makeover and beauty shows," she said. "We figured there's got to be somebody out there with a mainstream clientele, but brings a different point of view."

Enter Wright, who moved to Los Angeles recently and whose clients have included actors Vivica A. Fox, Rebecca Gayheart and Lauren London and Sex and the City writer Candace Bushnell. Drachkovitch said she was impressed with the hairstylist's personality before she knew his Obama connection.

REUTERS

critics' corner

The Nature of Things

What's the best way to learn sustainable living skills? Watch people who have them. That's what David Suzuki and his youngest daughter, Sarika, do in "The Suzuki Diaries." They travel through Europe learning firsthand how to build sustainability into daily life, from food and crafts to travel and energy production. 8 PM on CBRT



Ugly Betty

A family crisis has Betty (America Ferrera) all tied up in knots, at odds with her sister (Ana Ortiz) and unable to focus on her job. Daniel and Molly (Eric Mabiush, Sarah Lafleur) struggle to keep their relationship under wraps, while Wilhelmina and Connor (Vanessa Williams, Grant Bowler) try to do likewise. Ashley Jensen and Michael Urie also star in the new episode "Sisters on the Verge of a Nervous Breakdown." 9 PM on CKAL KXLY

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	- - 18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Criminal Intent (2005, Suspense) Linda Purl.			News (N)		
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two					
	602 568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	
	521 560 24 TLC	Saw for Hire	Saw for Hire	LA Ink (HDTV) (N)		Saw for Hire	Saw for Hire	LA Ink (HDTV)		Overhaulini'	
	603 561 25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge Knife skills.		Unwrapped	
	615 520 26 A&E	The First 48 (HDTV) (N)		The Beast (HDTV) (N)		The Beast (HDTV)		The First 48 (HDTV)		The First 48	
	617 522 32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	The Island	
	601 562 33 SLICE	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp	
	- 633 34 ENC2	Blade Runner *** (1982, Science Fiction) Harrison Ford.				Presumed Innocent *** (1990, Mystery) Harrison Ford.					
	520 505 35 DISC	Crocodile Feeding Frenzy		MythBusters		Daily Planet		Deadliest Catch		Squid Invasion	
	620 523 36BRAVO	Century Hotel ** (2001, Drama) Lindy Booth.				Law & Order		Without a Trace		Century Hotel	
	294 650 40 WPCH	Friends	Friends	The Pallbearer ** (1996, Comedy) David Schwimmer.				Family Guy	Family Guy	Seinfeld	
	626 547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corners Gas		The Simpsons		South Park	
	- 539 42 TCM	42nd Street		(7:45) A Star Is Born **** (1937, Drama)				(9:45) All About Eve **** (1950, Drama)			
	628 584 43 SPIKE	TNA iMPACT! (HDTV) (N)					CSI: Crime Scene Invstgtn.		UFC Primetime	UFC Primetime	MANswers
	522 516 45 HIST	Deep Wreck Mysteries		NCIS "Driven" (HDTV)		Lost Worlds		Deep Wreck Mysteries		NCIS	
	627 528 46SPACE	Rabbit Fall	Rabbit Fall	Ghost Hunters International			Stargate SG-1 "Seth"		Star Trek: Next Gener.		Deep Space 9
	- - 47 AMC	(6) The Untouchables **** (1987)				(8:45) Death Wish 3 * (1985, Drama), Deborah Raffin		(10:45) Two Minute Warning			
	619 525 49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	
	600 564 50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	
	501 391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
	504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play	
	526 507 92 VIVA	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted	
269 350 93 APTN	Suaangan	Wapos Bay	By the Rapids		renegadepress	The Green Mile *** (1999, Drama)		Tom Hanks, David Morse.			
- - 94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama		
571 581 100 MMM	Foo Fighters	Revival	Tommy Lee	Where You At	Celebrity Wrestling		Party of Five		Countdown		
570 580 101 MMM	Dance Crew	Video on Trial		Pimp My Ride	Video on Trial	Video on Trial	America's Best Dance Crew				
581 566 102 MTV	The Real World		True Life		MTV Live	After	Next	Mom & Dad	True Life		



See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies



Shia LaBeouf has had his driver's license suspended for a year, femalefirst.co.uk reports. The Eagle Eye star has been banned from driving after failing to take a breathalyzer test following his car crash in Hollywood, Los Angeles, last July. **METRO NEWS SERVICES**

Someone call him a cab

Celebrity Buzz

Fiddy has a 'girly' workout routine

IMAGE 50 Cent says he works out like a woman, femalefirst.co.uk reports. The muscular rapper says his toned physique is the result of "girly" weight-free routines rather than pumping iron.

He said: "It's intense, and there are no weights involved. And some of it's like girly stuff, like just kicking your leg, but it's muscles you don't really ever work at."

Men don't usually go to the gym and say, 'I'm going to develop my ass. This'll be the J.Lo workout.'"

METRO NEWS SERVICES



Renee's dating a TV correspondent

DATING Renee Zellweger is dating a journalist, femalefirst.co.uk reports. The actress was spotted enjoying an intimate meal with MSNBC legal correspondent Dan Abrams at the American Hotel in Sag Harbor, New York, on Saturday. The couple canoodled throughout the evening, appearing completely at ease in each other's company. Zellweger is not the first actress with whom Abrams, 42, has been romantically linked.

METRO NEWS SERVICES



Eva's gotta have spice

FAVES Eva Mendes can't live without spice, according to femalefirst.co.uk. The Spirit actress enjoys a temperature-raising taste sensation and would take crushed red pepper and her boyfriend with her if she was ever stranded on a desert island, the website adds.

She said: "My five desert island staples would have to be my boyfriend George Augusto, our dog Hugo, an iPod, the Sunday New York Times newspaper and crushed red pepper."

The 43-year-old actress has also revealed she would-

n't change a thing about her physical appearance.

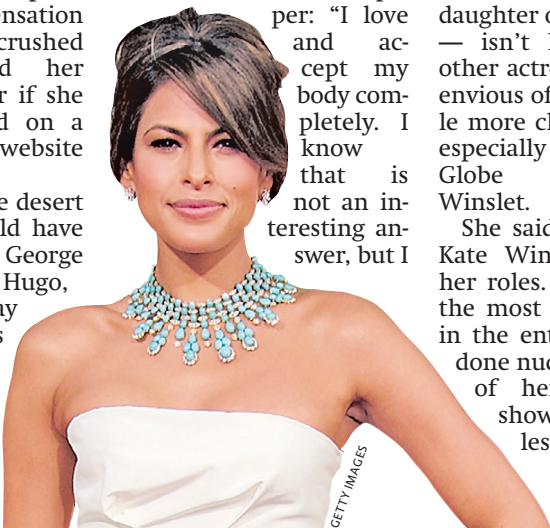
She told Britain's The Times newspaper: "I love and accept my body completely. I know that is not an interesting answer, but I

really wouldn't change anything. I've worked too hard on accepting it all."

But while Eva — the daughter of Cuban parents — isn't hankering after other actress' looks, she is envious of those who tackle more challenging roles, especially double Golden Globe winner Kate Winslet.

She said: "I would steal Kate Winslet's roles. All her roles. Not only is she the most amazing actress in the entire world, she's done nude scenes in a lot of her films which shows she's just fearless."

METRO NEWS SERVICES



Joaquin 'storms' out of soundcheck

ANGER MANAGEMENT Joaquin Phoenix reportedly "stormed out" before a Las Vegas concert after losing his cool with a film crew, femalefirst.co.uk reports. The actor-turned-singer is believed to have been furious when Casey Affleck's camera crew — who are docu-

menting Joaquin's transition into music — were late for his sound check at LAVO nightclub last week, the website adds.

A source said: "He was waiting for Casey Affleck and when the film crew arrived late, Joaquin flipped out. Phoenix yelled at the crew, 'Thanks for being late and f—ing everything up.' He then threw a CD on the floor and stormed out."

Phoenix soon regained his composure and returned to the stage to rehearse his set.

The source added to the New York Post: "He came back five minutes later and did the sound check. Nobody can tell if he is for real or if this is all a big joke."

During his set, a dishevelled Joaquin danced unsteadily and fell into the crowd as he exited the stage, adds the website.

METRO NEWS SERVICES



Marc Anthony brings J. Lo onstage for a duet

COUPLEDOM That Marc Anthony sure knows how to end his set, people.com reports. The crooner completed his recent inaugural performance by bringing "my wife," Jennifer Lopez, on to the stage with him, for a duet.

This thrilled the crowd at the Inauguration's Western Ball, where the guests also included Angela Bassett and Harold & Kumar and House star Kal Penn,

reports The Washington Post. The 10:25 p.m. appearance of Lopez also further put to rest rumours of a marital rift between the couple.

Earlier in the evening, Anthony had said, "I wrote this next song about Jennifer. I must have been psychic." The song was his decade-old You Sang to Me.

"She didn't get the point, but eventually it worked," said Anthony, the Associated Press reports. The couple ended their duet with a kiss.

"Man, she's cute," Anthony said after Lopez exited the stage. **METRO NEWS SERVICES**



Joint bank account for Sam and Lindsay?

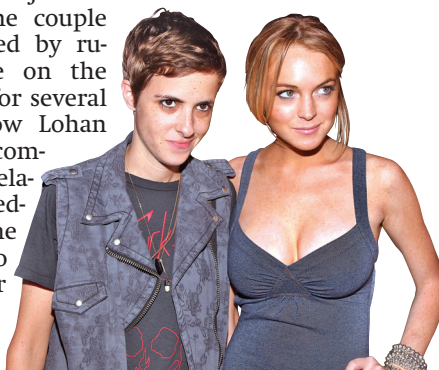
ROMANCE Lindsay Lohan and Samantha Ronson have taken their relationship to the next level — by reportedly setting up a joint bank account, reports eonline.com

The Mean Girls star has been dating the DJ since last year but the couple has been plagued by rumours they are on the brink of a split for several months. But now Lohan has shown her commitment to the relationship by allegedly ploughing some of her wages into an account for the pair.

A source tells

Britain's Daily Express, "Lindsay was reportedly earning \$168,000 US per episode for her stint on Ugly Betty last year and she's stashed that into a joint bank account to show Sam how much she loves her."

METRO NEWS SERVICES



Jonas Bros. are in the house

PARTY CRASHERS President Barack Obama and his wife Michelle weren't the only ones who got entertained by A-listers on inauguration night. Their daughters Malia, 10, and Sasha, seven, received a surprise visit from the Jonas Brothers,

says usmagazine.com. ABC News reports that the Obama girls kicked off inauguration night by watching movies with some of their pals from their new school Sidwell Friends.

They then had a scavenger hunt around their new home to learn its history. At the end of their hunt, Malia and Sasha opened a door to find Kevin, Joe, and Nick Jonas (who played Monday at the Kids' Inaugural Concert).

METRO NEWS SERVICES



Amy rescues fellow guest off the rocks

GOOD DEED Singer Amy Winehouse helped rescue a fellow guest at the St. Lucia resort where she's been staying. Louise Williams said Winehouse saved her after she was thrown from a boat onto rocks during a sailing lesson.

"Amy was on the beach 20 metres away and she ran across immediately and said, 'Let's have a look

at you,'" Williams told Britain's the Sun. "She picked me up and took me across to the showers and was constantly asking, 'Are you all right?'" Winehouse later said: "I thought she was going to die."

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WEEKDAYS AT 6 AM

Take Five

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- Crossword across
- 1 Ming of the NBA

4 Census statistics

8 Envelope part

12 Ostrich’s cousin

13 Pleasing

14 Queue

15 Don’t move

17 Prayer ending

18 Piratic potation

19 Wilder drama

21— council (“Survivor” event)

24 Snapshot

25 Computer woe

26 Torched

28 Extemporizes

32 Wan

34 Luau side dish

36 Urban disturbance

37 Fix a knot

39 Antiquated

41 “CSI” evidence

42 Water barrier

44 Carell’s “The 40 Year Old Virgin” co-star

46 Summertime cooler

50 Clay alias

51 Wise guys?

52 Ill-defined time

56 Andy’s pal

57 Exceptional

58 — polloi

59 Netting

60 — and terminer

61 Cowpoke’s nickname

- Crossword down
- 1 “Absolutely”

2 Parisian pal

3 Unreservedly

4 Critter

5 Showbiz job

6 Reverberate

7 Arrangement

8 Freight train component

9 Wheels of fortune?

10 From square one

11 Teller’s cohort

16 Bathroom fixture

20 “6 Rms — Vu”

21 Ski-lift transport

22 Stratagem

23 Back talk

27 As well

29 Cinderella’s curfew

30 Corn recipe

31 Constellation part

33 Leo Rosten’s tongue

35 Sort

38 Cause corrosion

40 Casino employee

43 Subway

45 Inventor Whitney

46 Mosque VIP

47 Arrived

48 Ids’ counterparts

49 Vacationing

53 Rage

54 Break ground?

55 Ducats

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		3				6	2	
8	9						7	
			7		9	4		
		1			4	8		6
			6		5			
9		7	3			5		
		6	2		3			
	3						8	1
	2	5				3		

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

M	O	B		P	E	A	S		D	A	D	A
A	P	E		E	T	N	A		A	V	E	R
G	U	T		R	A	I	N	C	H	E	C	K
I	S	A	A	C				G	A	L		
				L	E	M	A		W	I	T	C
F	O	R	T	P	E	C	K		A	U	R	A
I	D	O		T	R	E	N	T		B	O	W
L	I	S	T		C	R	E	W	N	E	C	K
S	N	A	I	L		B	E	I	N			
				P	O	P			N	E	E	D
S	H	I	P		W	R	E	C	K		W	E
A	O	N	E		O	R	A	L		E	L	L
M	E	N	D		W	A	N	E		R	I	P

8	7	2	1	5	6	4	9	3
6	9	3	4	7	2	1	8	5
4	5	1	8	3	9	7	6	2
5	2	8	6	4	1	3	7	9
7	1	4	9	2	3	8	5	6
3	6	9	5	8	7	2	1	4
2	8	7	3	9	5	6	4	1
9	4	6	2	1	8	5	3	7
1	3	5	7	6	4	9	2	8

SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 min.....Scholar
17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Metro Recipe of the Day

Fish Soufflés

3. Heat 2 tsp (10 mL) butter in small saucepan, add shallots and cook gently over low heat 5 minutes. Add cream and remove from heat.

4. Preheat oven to 400°F (200°C). Use 2 tsp (10 mL) butter to grease four 1 1/4 cup (300 mL) ramekins. Drain and peel potatoes and crush with fork. Add remaining butter, shallot-cream mixture and some pepper. Beat in egg yolks and mustard. Fold in fish.

5. Add pinch of salt to egg whites, whisk until stiff then fold into potato-fish mixture. Pour into soufflé dishes and smooth surface with a spatula. Bake 15 minutes until puffed and golden. Serve immediately.

INGREDIENTS:
5 oz (150 g) waxy potatoes, scrubbed
salt and freshly ground black pepper
2/3 lb (300 g) skinless ling or hake fillets
3 tbsp (45 mL) butter, softened
2 French shallots, finely chopped
1/4 cup (50 mL) cream
3 eggs, separated
1 tsp (5 mL) wholegrain mustard

METHOD:
1. Put potatoes and pinch of salt in saucepan with plenty of cold water. Cover, bring to boil, and cook for 25 minutes until tender.

2. Meanwhile, put fish and pinch of salt in large frying pan with enough cold water to cover. Bring to boil, then reduce heat immediately. Cover and simmer 3 minutes. Leave fish to cool in liquid, then drain and coarsely crush flesh with fork; removing bones.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You won't move fast enough to pull off a quick exit. A youthful woman will give you what you need. A friendship is undergoing drastic changes.

LIBRA
SEPT 23-OCT 23
A happy person's phone call gives comfort. A clash turns someone into a blubbing fool. A vexing person agrees with you on a touchy subject.

TAURUS
APRIL 21-MAY 21
Compassion convinces someone to help you out. A miser is tempted to sway the opposition. You can calm someone down.

SCORPIO
OCT 24-NOV 22
A beneficial trip will have happy consequences. A man arrives bearing glad tidings. An appealing object has uncertain value.

GEMINI
MAY 22-JUNE 21
Your prospects will improve when you become fearless. An egomaniac will be in the right place. You don't have to settle for second best.

SAGITTARIUS
NOV 23-DEC 21
Being tactful will help in a tense situation. Get ready to jump for joy after a leap of faith. A man's laughter creates intimacy after dark.

CANCER
JUNE 22-JULY 22
You'll find a safe place to hide your money. Someone's pity party will push you too far. Heed a loser's opinions for inspiration.

CAPRICORN
DEC 22-JAN 20
You'll brighten someone's day. Lack of business causes an offer to be withdrawn. You can find a better situation soon.

LEO
JULY 23-AUG 23
Painless adjustments are going to be made. Watch out for those who don't seem normal. This is the time to use self-control.

AQUARIUS
JAN 21-FEB 18
Standing by your promises reassures others. Too much passion will be good enough. You'll need to be very diplomatic.

VIRGO
AUG 24-SEPT 22
A dreamlike situation will force you to wake up. Only women will understand a tough lesson. Be brave when facing disillusion.

PISCES
FEB 19-MARCH 20
An arrogant person is incapable of going it alone. You'll get out of a predicament. A friend will ask for help at a crucial moment.

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1. Guided Foxx of “Sanford and Son” (1)
2. Possesses fossils (1)
3. Yucky medicinal amount (1)
4. Co-op admissions panel laughed hard (1)
5. Compares and rates muddy deposits (2)
6. Naval address for Muppets’ creator Jim (2)
7. Siesta taker’s paging devices (2)

ANSWERS
1. LEO REED 2. OWNS BONES 3. GROSS DOSE 4. BOARD ROARED
5. JUDGES SLUGS 6. ENSIGN HENSOS 7. SLEEPERS BEERS

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